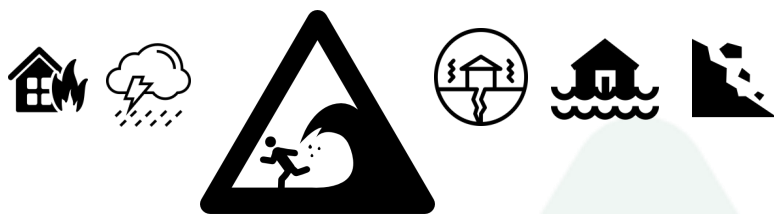


## Emergency Preparedness

# Tsunami

*Are you prepared for an emergency?*



It's easy to think "It won't happen to me, "  
until it actually does.

**Have a plan and know what to do.**



### Contact Information

#### American Citizen Services

Tel: 2501 - 2628

<https://sv.usembassy.gov/u-s-citizen-services/>



**U. S. Department of State**

### Special points of interest:

- What to do before, during, and after a tsunami.
- Prepare your Emergency Supplies
- Emergency Phone Numbers

### Inside this issue:

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# General Knowledge

## What is a Tsunami?

Tsunamis are large ocean waves generated by major earthquakes, volcanic eruptions, landslides, or meteorites. Spanish speakers use the word Tsunami, but they are also called maremotos. In El Salvador, tsunamis are most commonly caused by earthquakes.

Although many Salvadorans believe that the coasts are free from the threat of tsunamis, El Salvador's Ministry of Environment and Natural Resources (MARN) cautions that tsunamis are possible on the Salvadoran coast. Additionally, history shows that El Salvador is subject to this dangerous phenomenon.

Historically, Salvadoran Tsunamis have not been large or as devastating as the major events in the Indian and Pacific oceans, however at least two Salvadoran tsunamis have been deadly.

History of Salvadoran Tsunamis	
Date / Time	Location
1859 - 08:26	Gulf of Fonseca
1859—12:09	Acajutla
1902—02:26	Garita Palmera
1906—01:31	The Entire Coast
1906	Los Negros Beach
1919—06:29	Gulf of Fonseca
1950—10:05	The Entire Coast
1950—10:23	Gulf of Fonseca
1957—03:10	The Entire Coast
1960—05:22	The Entire Coast
1992—09:01	Gulf of Fonseca

## Before a Tsunami

There are some things to keep in mind to protect yourself and your family from the threat of a tsunami.

First of all, as with any other natural disasters, tsunamis can happen anytime, so it's important that you plan ahead on how to communicate with your family and get together. Landlines and cell phones are often out of service or saturated after a disaster, so you may need to use text messages or social networks to communicate with friends and family. Make sure to have a hardcopy of important phone numbers in case you can not access your phone's contact list.

You should be knowledgeable on what areas can be safe if you live near a risk area where a tsunami can strike and talk to everyone in your household about what to do if a tsunami occurs.

Be familiar with the warning systems of the country or community where you're visiting.



# During a Tsunami

Stay away from the beach. Never go down to the beach to watch a tsunami come in. If you can see the wave you are too close to escape it.



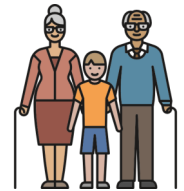
**CAUTION:** If there is a noticeable recession in water away from the shoreline this is nature's tsunami warning and it should be heeded. You should move away immediately. **GET TO HIGHER GROUND!**



Follow the evacuation orders issued by authorities and evacuate immediately. Take your emergency kit.



Remember to help your neighbors who may require special assistance - infants, elderly, and individuals with special needs may need your help.



Move to high ground or inland and away from water immediately.



Save yourself - not your possessions.



Stay away until local officials tell you it is safe. A tsunami is a series of waves that may continue for hours. Do not assume that after one wave the danger is over. The next wave may be larger than the first one.



**Remember tsunami is caused by a separate disaster so, you also need to be prepared for earthquakes.**

# After a Tsunami

- Let friends and family know you are safe.



- Continue listening to local news for updated information and instructions.



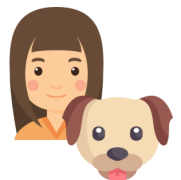
- If evacuated, return only when authorities say it is safe to do so.



- If people around you are injured, check the scene to be sure it's safe for you to approach, call for help, and if you are trained, provide first aid until emergency responders can arrive.



- Stay away from debris in the water; it may pose a safety hazard to people or pets.



# Emergency Supplies

Take the time to put together the emergency supplies you would need if the power or water supply is cut off and if the supermarkets do not open. You can accumulate your supplies over time by adding some items as your budget allows. Basic emergency supplies should include the following items, most of which you probably already have at home.

If possible, consider storing supplies in different places. Keep a small kit of basic supplies of food and water in various locations, including your workplace, vehicle, home, and if possible, other places where you or your family members regularly spend time (e.g. community center and school).



**Water:** Make sure you have at least 1 gallon of water per person, per day, for at least 3 days. (If possible, store a water supply for more than 3 days). An average person needs to drink about 3/4 of a gallon of fluids daily. Individual needs vary depending on age, health, activity level, food choices, and climate. You may also need to store water to prepare food.

**Food:** Keep at least a 3 day supply of non-perishable food on hand for each family member, including pets. Consider special dietary requirements (e.g. formula for babies). Include a manual can opener for canned foods.

**Flashlight, Radio, and Cellphone charger:** Consider how you will charge these items without electricity. Your flashlight and radio should work with crank or batteries. Keep a supply of additional batteries. Your cell phone charger should work with a crank, solar, or car charger.

**Medical supplies:** Include a first aid kit, prescription and over-the-counter medications, and other medical supplies.

**Hygiene:** Pack disinfecting supplies such as hand sanitizer, wipes, paper products, and plastic bags to use when water resources are limited.

**Clothing and Maintenance:** Make sure you have long-sleeved clothing and long pants, thick-soled shoes and work gloves to protect you from debris, and a blanket to keep you warm on chilly nights.

**Whistle:** Include a whistle to call for help.

**Cash:** Store cash in case ATMs are not working after the tsunami.

# Emergency Services in El Salvador

There are several Salvadoran institutions who respond to emergencies such as tsunamis and provide service to the community during and after an emergency. Some of these institutes include the Green cross, Red cross, Protección civil, and MARN (El Salvador's Ministry Environment and Natural Resources) .

**Protección civil** is the national system that prevents and mitigates disasters in El Salvador.



**MARN** is the acronym for El Salvador's Ministry of Environment and Natural Resources. MARN is in charge of environmental assessment . In addition, the ministry is responsible for promoting international cooperation on environmental issues.



**The Green Cross** is a Salvadoran organization that provides disaster assistance, including rescue operations.



**The Red Cross** a well know international organization that also provides disaster assistance.

## Emergency Numbers



### Local Police

Speed dial **911** or visit the nation- wide directory to call a specific PNC delegation.

**http://www.pnc.gob.sv/portal/page/portal/informativo/contactenos/directorio\_telefonico**



### Fire Fighter Department

Dial 913 or 2527-7300, you may also see visit their phone directory on line:

**http://www.bomberos.gob.sv/?page\_id=303**

**Website: http://www.bomberos.gob.sv/**



### Salvadoran Red Cross

dial 2222-5155

**Website: http://www.cruzrojasal.org.sv/**



### U.S Embassy in El Salvador

#### American Citizen Services

Dial 2501 2628

Email: [ACSSANSAL@State.gov](mailto:ACSSANSAL@State.gov)



### Salvadoran Green Cross

Dial 2284-5792

**Website: http://www.cruzverdesalvadorena.org/**



### Protección civil:

Dial 2527-7122

**Website: http://proteccioncivil.gob.sv/**

Local Hospital: \_\_\_\_\_

Family: \_\_\_\_\_

School: \_\_\_\_\_

Work: \_\_\_\_\_

Neighbors: \_\_\_\_\_

Veterinarian: \_\_\_\_\_

# Emergency Kit Checklist



## Food and Water

- ☐ Canned Food
- ☐ Energy Bars
- ☐ Dried Food
- ☐ Water for 3 days
- ☐ Candies and Crackers



## For Babies

- ☐ Formula
- ☐ Diapers
- ☐ Bottles
- ☐ Medication



## Sanitation

- ☐ Toilet Paper
- ☐ Soap
- ☐ Feminine Supplies
- ☐ Toothbrush
- ☐ Toothpaste



## Tools and Supplies

- ☐ Flashlight
- ☐ Extra Batteries
- ☐ Cash
- ☐ Utility Knife
- ☐ Whistle
- ☐ Cellphone
- ☐ Battery-operated Radio
- ☐ Solar Charger
- ☐ Crank/ Solar operated Radio
- ☐ Solar Charger



## Documents

- ☐ Passports
- ☐ Emergency phone numbers
- ☐ Credit Card
- ☐ Personal documents



## Clothes & Bedding

- ☐ A complete change of clothing including foot-wear.



## First aid Kit

- ☐ Bandages
- ☐ Hand Sanitizer
- ☐ Gauze Pads
- ☐ Gauze Roll(s)
- ☐ Scissors
- ☐ Cold Packs
- ☐ Ibuprofen
- ☐ Aspirin
- ☐ Tylenol
- ☐ Bug Spray
- ☐ Alcohol
- ☐ Antibiotic
- ☐ Cotton Swabs
- ☐ Tweezers
- ☐ Elastic Bandages
- ☐ Allergy medicine
- ☐ Thermometer
- ☐ Prescription Medicine





# Enroll in STEP

What is STEP?

STEP:

- ✓ **Smart**
- ✓ **Traveler**
- ✓ **Enrollment**
- ✓ **Program**



The Smart Traveler Enrollment Program (STEP) is a free service to allow U.S. citizens and nationals traveling and living abroad to enroll their trip with the nearest U.S. Embassy or Consulate.

## Benefits of enrolling in STEP

- Receive important information from the Embassy about safety conditions in your destination country, helping you make informed decisions about your travel plans.
- Help the U.S. Embassy contact you in an emergency, whether natural disaster, civil unrest, or family emergency.
- Help family and friends get in touch with you in an emergency.



<https://step.state.gov/STEP/Pages/Common/Citizenship.aspx>



<https://step.state.gov/STEP/Pages/Common/Subscribe.aspx>



<https://step.state.gov/STEP/pages/individuals/newAccountStart.aspx>

Use the URL below to register into STEP

<https://step.state.gov/step/>

## Stay Informed, Stay Connected, Stay Safe!